

Sunflower Extension District #6

March 2025

Go to www.sunflower.ksu.edu for more details on these programs.



March 2025
Online! Newsletter

www.sunflower.ksu.edu

Sunflower Extension District

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Understanding Hospice

Hospice focuses on comfort, not curing. It is a customized model of care that helps people with life-limiting illnesses live with dignity. Hospice focuses on maintaining quality of life for the person, rather than aggressively treating the disease or illness. Hospice is not giving up on life.

If you are interested or would like to learn more on this topic, please join one of the programs in the district.

March 14 at 12:30 pm CT at the Senior Center in St. Francis

March 18 at 12:00 pm MT at the Extension Office in Goodland

March 19 at 12:30 pm MT at the Senior Center in Sharon Springs





Spring Nitrogen Applications in Wheat

Spring is an important time for nitrogen applications to meet the wheat crop's needs. In the spring, applications should be made before jointing (and have moisture to take the nitrogen into the root zone) to have the most effect on the wheat's yield components. This is because the highest number of kernels on the wheat head are being set at the jointing stage. So, we want nitrogen in the root zone at jointing, for the plant to take up and have available to support the plant growth and potential kernel number during development.

For the **nitrogen rate**, producers should have started the season with a certain N recommendation, ideally based on a profile N soil test done before the crop is planted and before any N has been applied. If a soil sample was taken at drilling, profile nitrate-N can help determine the rate to be applied based on the yield goal.

However, it is not too late to use the profile N soil test if taken in late winter/ very early spring before green-up. While it will not be as accurate as when sampled in the fall, it can still identify fields with high levels of available nitrate N. Unfortunately, it is not reliable in measuring recently applied N. So, if a high rate of N has already been applied, a late winter profile sample probably shouldn't be taken. Remember that topdressing should supplement the N applied in the fall and the residual soil N present in the soil. The total N application, planting and topdressing, should equal the target recommended rate.

For the **application methods**, the most common topdressing method is broadcast applications. In high-residue situations, this can result in some immobilization of N, especially where liquid UAN is used. If no herbicides are applied with the N, producers can benefit from applying the N in a dribble band on 15 to 18-inch centers. This can minimize immobilization and may provide for a more consistent crop response.

The typical **nitrogen sources** used for topdressing wheat are UAN solution and dry urea. Numerous trials by K-State over the years have shown that both are equally effective. In no-till situations, there may be some slight advantage to applying dry urea since some will fall to the soil surface and be less affected by immobilization than broadcast liquid UAN, which can get hung up on surface residue.

Dribble (surface band) UAN applications would also avoid some of this tie-up on surface crop residues. However, if producers plan to tank-mix with an herbicide, they must use liquid UAN and broadcast it.

Controlled-release products, such as polyurethane-coated urea (ESN), might be considered on sandy soils prone to leaching or poorly drained soils prone to denitrification. Generally, a 50:50 blend of standard urea and coated urea will immediately provide some N to support tillering and head development and continue to release some N in later stages of development.

Figure 1. Formula for calculating nitrogen recommendations from the K-State Soil Test Interpretations and Fertilizer Recommendations. MF2586. The publication is available at www.sunflower.ksu.edu/agronomy

Wheat

$$N \text{ (lb/a)} = (ie/fe) EY - (se) \text{ Profile N} - (\% \text{ SOM} \times 10) - \text{Manure N} - \text{Other N Adjustments} + \text{Previous Crop Adjustments}$$

ie (wheat internal efficiency) lbs/ bu: 1.45

fe (fertilizer recovery efficiency)

High efficiency	0.65	Injected or split applied
Default	0.55	Broadcast, fall-applied pre-plant

se ("soil" NO₃ efficiency)

Low risk for N loss	1.0	Medium texture or western KS
High risk for N loss	0.7	Coarse texture or eastern KS

A minimum fertilizer N application of 30 lb N/ac is recommended for early crop growth and development.

Efficiency factors:

- ie: internal crop efficiency
- fe: fertilizer efficiency
- se: soil nitrate-N efficiency
- EY: expected yield (bu/a)
- Profile N: profile NO₃ (lb/a)
- SOM: soil organic matter (x10 for winter crops) lb N/a
- Previous crop adjustment: lb/a (see pages 3 and 4)



Wildlife Management

K-State Research and Extension Specialists, Drew Ricketts and Joe Gerken, have a podcast (Fins, Fur and Feathers) and YouTube channel (KSRE Wildlife Management) that provides Kansans with science-based wildlife management information. New timely recordings are added regularly, and you can view the archive anytime.

Hay Feeding Strategy

Beef producers with old hay stored on their operation often look for appropriate ways to incorporate that into the forage feeding strategy. This was the topic that Kansas State University Beef Cattle Institute experts addressed on a recent [Cattle Chat](#) podcast.

In this case, a listener runs spring and fall-calving cows in the same pasture and is trying to determine how to best meet the varied nutritional requirements with hay that is 2-3 years old.

“Depending on the type of hay, when it was cut, and how it was stored, there could be a lot of variability in the quality of that forage,” K-State nutritionist Phillip Lancaster said.

To help determine the quality of the hay, K-State veterinarian Bob Larson recommended producers keep track of the harvest date.

“If we know the harvest date and are familiar with the maturity pattern in the area, we will have a pretty good idea about the nutrient quality of that hay,” Larson said.

Lancaster said the highest quality hay needs to be fed to lactating cows that have high maintenance energy requirements. He said producers can use older hay, but they will likely need to offer a vitamin and mineral supplement as well.

“In 2-3-year-old hay that is stored outside, the beta carotene in those bales deteriorate rapidly, so it is important to offer them a vitamin A supplement,” Lancaster said, adding that the minerals need to be fresh.

In some herds, producers can separate the fall and spring calving cow herds, allowing them to offer the older hay to cows with lower maintenance requirements, such as cows in mid-gestation. But in this case, the cows are maintained together and that leads to a different strategy, the experts said.

“With the fall-calving cows just coming out of the breeding season and the spring-calving cows in their last trimester, I recommend primarily offering them hay cut this year, but every once in a while, you could throw them a bale of the older hay to try to use it up and that should allow them to keep from getting too thin,” Lancaster said.

By Lisa Moser, K-State Research and Extension news service





Aging with Attitude

Groucho Marx once remarked, “Age is not a particularly interesting subject. Anyone can get old. All you have to do is live long enough.” But is growing older really just about marking time?

There are many ways to think about aging. For example, aging can be placed within a chronological framework, such as how many birthdays an individual has celebrated. Aging can be thought about in terms of functioning, which is concerned with what a person can accomplish or do rather than with the number of birthdays that an individual has experienced. Another perspective places importance on what people think of as appropriate tasks or activities at different ages and acknowledges that the culture influences how people think about aging. People also can think about age subjectively — that is, in terms of how old someone feels as opposed to how many birthdays a person has celebrated.

In the past, when life expectancy was so much less than it is today, people didn’t have much of a chance to die from Alzheimer’s disease or stroke. These diseases are prominent today because societal and medical advances have been successful at preserving life into those older age ranges. In earlier times, men, women, and children might die from a variety of acute illnesses. People didn’t live long enough, for the most part, to acquire long-term chronic diseases. Another contributing factor is that women started having fewer children, which affected the number of younger people present in society. All of these changes are relatively new within context of all of human history.

This rapid aging of the population has helped create attitudes and stereotypes about older adults and what it means to grow older. People who think positively about their own aging actually do more for their own health.



Estate Planning On Your Own Terms Aging Expo’ in Great Bend, KS.

The educational event for seniors, their families and caregivers will take place Wednesday, **April 2 at Great Bend, Kansas at The Page, 2920 10th St.** Call **785-852-4285** for more information.

Do you have a plan for your wishes and assets after you pass? Or do you worry about the medical care you would receive if you became ill and were unable to speak for yourself? Sadly, less than 1 in 4 Americans have advanced directives. Don’t let yourself become a statistic. Let K-State Research and Extension help you!

“Estate Planning” is the theme for an upcoming event open to seniors, their families and their caregivers. K-State Research and Extension will sponsor the event.

The day will kick off with an estate planning panel providing insights of estate planning. This professional panel has a wealth of information to share and will also open the floor to answer your questions. The next featured speaker is Erin Martinez, Extension Specialist and Associate Professor with K-State Research and Extension. Erin will discuss advanced directives to ensure your end of life wishes and decisions are carried out. The last session will be sharing ways to pass down your family’s cherished treasures. These sessions will all cover the importance of planning ahead, how to communicate your wishes, and the paperwork necessary to validate these wishes.

Understanding Hospice

Program coming in March in our district.

Dates: CN on March 14 at Senior Center at 12:30, SH the 18th at noon at the Extension Office & in WA the 19th at 11:30 at the Senior Center.



4-H Camp at Rock Springs Ranch: A Summer Adventure Awaits!

Youth ages 6-17 years old are invited to participate in 4-H camp at Rock Springs Ranch, located about 10 miles southwest of Junction City, Kansas. This is a fun, action-packed week of outdoor activities, leadership development, and lifelong friendships. Sessions are available in June and July. Kansas 4-H Camp offers kids the chance to explore nature, build teamwork skills, and create lasting memories while developing important life skills in a safe and supportive environment.

Don't miss out on this amazing opportunity for your child to grow and thrive this summer. **Register now at www.rockspringsranch.org.**

There will be a bus going from Colby for Session #4 June 15-18 and Session #6 June 29-July 2. Get signed up today to catch a ride on the bus.

State Livestock Nomination Information

Kansas utilizes an online system to accept state livestock nominations for the Kansas State Fair Grand Drive and/or Kansas Junior Livestock Show (KJLS)!

Nomination Deadlines:

Market Beef—May 1

Small Livestock—June 15

DNA Envelope Order Deadlines:

Market Beef—April 20

Small Livestock—June 5

Official DNA Envelopes must be ordered in advance!

4-H Super Saturday

Saturday, March 22, 2025 from 9:00 am CT—finish

In Colby KS

Registration deadline: March 17th

https://kstate.qualtrics.com/jfe/form/SV_dajidd7SK7HICeW

Morning Judging Contest: Crops, Horticulture, Photography, Life Skills, Livestock Skill-a-thon and Entomology

Afternoon Judging Contest: Livestock Judging

Afternoon Project Opportunities: Engineering and Technology and Visual Arts Stations

Also a Parents/Volunteer Session will be held.

Sack Lunch provided for \$8.00

For questions or concerns, please contact Robyn Trussel at 785-798-5020 or rdeines@ksu.edu



Cheyenne County Club Days

March 13th, 2025

St. Francis High School

Entries were due: February 27th

Sherman County Club Days

March 8th, 2025

Harvest Evangelical Free Church

Entries were due: February 7th

Wallace County Club Days

March 24th, 2025

Wallace County High School

Entries due: March 14, 2025



Sunflower District Regional Club Days 2025

The Sunflower District #6 Cheyenne, Sherman, & Wallace Counties are having Sunflower District Regional Club Days in Sherman County on Friday, March 28, 2025, at the Harvest E-Free Church, starting at 5:30 PM MT.

The counties will plan accordingly to have a Sunflower District Regional Club Day, providing we have 15 or more participants for the whole District. If we don't have 15 or more the event will be canceled.

To attend Sunflower Regional Club Days, youth must have participated in a county 4-H Days & Talent Event in the District in the Project Talk, Demonstration, or Public Speaking division. *You may participate with any ribbon placing as long as you did a Project Talk, Demonstration, or Public Speaking Presentation.*

Posters, Favorite Foods Tables, Skits, other Talent, and Model Meetings, will not be a participation choice at the Sunflower District Regional Club Event.



<http://www.facebook.com/sunflowerextensiondistrictcheyennecounty4h>
<http://www.facebook.com/sunflowerwallace>
<https://www.facebook.com/sunflowerextensiondistrictshermancounty4h/>

New 4-H policy Guide: <https://www.kansas4-h.org/resources/policy-guide/Kansas%204-H%20Policy%20Handbook%202023.pdf>

March 2025



Sunflower Extension District



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1. 4-H KS Scholarships Due Junior Swine Day—Manhattan SH - Beef Weigh-In 9:00 - 10:00 AM MT
2. CN—Beef Weigh-In 4-5 PM CT	3.	4. SH—Stay Strong, Stay Healthy	5. SH - Foods 3:30 - 5:00 PM MT	6. SH—Stay Strong, Stay Healthy	7.	8. SH - 4-H Days & Talent Night 1:00 pm MT
9. 	10. YQCA Training 6 pm MT/7 pm CT—Goodland— for all 3 counties	11. SH—Stay Strong, Stay Healthy	12.	13. CN—County Club Days SH—Stay Strong, Stay Healthy	14. CN—Understanding Hospice - 12:30 CT	15.
16.	17. 	18. SH—Stay Strong, Stay Healthy SH—Understanding Hospice—noon MT	19. WA—Understanding Hospice—12:30 MT	20. SH—Stay Strong, Stay Healthy 	21. K-State Horse Judging Contest (Salina)	22. Super Saturday (Colby) 9:00 AM CT Junior Goat Producer Day—Manhattan
23.	24. WA—County Club Days	25. SH—Stay Strong, Stay Healthy	26.	27. SH—Stay Strong, Stay Healthy	28. District 4-H Club Days 5:30 PM MT	29.
30. CN—County 4-H Scholarship Due	31. Sherri's Retirement— Assembly room 3:00-4:30 pm MT					



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